



# Peaceful Ventures

## Meditation Programming Overview

Meditative experiences for real environments, real people, and real stakes.

# About Peaceful Ventures

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Founder Paul Bokserman is a meditation artist with a background in philosophy and psychology. Paul creates meditative experiences designed for people, not demographics. He blends guided practice, introspection, and conversation to deliver hyper-relevant mental recovery, focus, and presence.

These experiences are actionable and adaptable across audiences and event types, utilizing his grounded mindfulness with practical nervous system regulation and philosophically-informed introspection. His audiences translate awareness into sharper judgment and personal transformation, rather than passive calm.

Paul's approach is direct, secular, and built for real environments — noisy rooms with real stakes and no time to think everything through. If you can't meditate in a boiler room, you can't meditate.

Mental recovery is undervalued, fragmented, and often generic. Peaceful Ventures provides tailored meditation experiences that engage participants in meaningful ways, whether at athletic tournaments or training, tech conferences, or hotel rooms.

Each session is crafted to psychological archetypes, situational needs, and participant energy, ensuring relevance and depth.

*"How wrong was I... I was skeptical, unsure of what to expect. I didn't think I needed it or that it was for me. Paul helped me figure out what's important in life, clear my head, and set me on my trajectory."*

Michael Deakin  
United Kingdom 🇬🇧



## Philosophically Grounded

Drawing from philosophy and psychology for deep introspection



## Practically Actionable

Nervous system regulation for real-world application



## Audience-Tailored

Designed for people in context, not generic demographics

# Programming Options

All programming is tailored to psychological archetypes, situational needs, and participant energy.



## Embedded Presence

\$ \$250 - \$3,000

Brief guided meditation sessions for events



DURATION

15 – 45 minutes



AUDIENCE

10 – 300 participants

A single meditation session tailored to situational needs and psychological archetypes. Great for conferences, events, or as a supplement to programming.



## Half Day

\$ \$2,000 - \$10,000

Immersive workshop with meditation and reflection



DURATION

2 – 4 hours



AUDIENCE

10 – 100 participants

Multi-part experience combining meditations with group reflection workshops.

Components:

1. Opening meditation
2. Reflection workshop
3. Closing meditation

# Programming Options



## Full Day

\$ \$6,500 - \$20,000+

Extended workshop combining meditations and reflection workshops



DURATION

4 – 8 hours



AUDIENCE

10 – 100 participants

Journey consists of two Half Day's with the second building on, deepening, or reinforcing the first. Includes breaks for integration, lunch, and bookended by embodiment.



## Pre-recorded White-Label Audio

**Contact  
for pricing**

Custom meditation recordings for your channels



DURATION

1 – 6 meditations, 15 – 45 min each



AUDIENCE

Pre-defined limited use

### Process:

1. Intake session with community representative
2. Meditation script writing
3. Professional recording and mastering (custom music score available on request)
4. Delivery and distribution via partner channels

# Audiences

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Programming can be tailored for intersectional audiences



## Youth

### SYNOPSIS

Audiences composed of adolescents or young adults navigating formative transitions — academic pressure, identity development, and emotional volatility — often in group or institutional settings.

### MOTIVATION

Young people face sustained cognitive and emotional pressure early, often without tools to understand or regulate their internal states. Between wanting to fit in with peers while distinguishing oneself, figuring out how to get ahead in this world, and discovering one's true self under competing pressure from family, friends, bureaucracy, and societal trends, many are left to figure things out for themselves under the traditional model of "come ask for help". But how many actually do?

### BENEFITS

- Supports focus, emotional regulation, and personal growth
- Provides accessible mental health support without clinical framing
- Builds foundational skills for resilience, self-awareness, and healthy social behaviour

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### COMMON SETTINGS

Schools, colleges and universities, mentorship programs, youth organizations, educational retreats



# Audiences

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## Athletes

### SYNOPSIS

Audiences engaged in regular physical training, competition, or mentorship, where performance, recovery, and nervous system regulation directly impact outcomes and longevity.

### MOTIVATION

Athletes operate in cycles of intensity and recovery, yet most systems emphasize output over integration. Moments before, after, and during sessions are powerful opportunities to reinforce regulation, awareness, and resilience without interfering with training.

### BENEFITS

- Pre-performance: mind-body coordination, focus, cognition
- Enhances readiness, coordination, and recovery
- Post-performance: Longevity, skill and strategy development, and resilience under pressure

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### COMMON SETTINGS

Tournaments, training camps, mentorship events, clinics, recovery sessions



# Audiences

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## Executives

### SYNOPSIS

Audiences operating in high-responsibility, high-decision-load environments, often experiencing sustained cognitive pressure and limited recovery time.

### MOTIVATION

Sustained performance without adequate integration plus over-identification with career function leads to chronic stress, burnout, reactivity, and diminished clarity. Leadership offsites, strategic planning periods, or career inflection points offer rare opportunities to reset patterns without slowing momentum.

### BENEFITS

- Improves clarity and steadiness when making decisions under pressure
- Reduces cognitive fatigue and burnout risk
- Supports sustainable leadership performance

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### COMMON SETTINGS

Offsites and retreats, at home, in office, professional development programs, conferences



# Audiences

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## Travellers

### SYNOPSIS

Audiences in frequent states of transition — physical, temporal, and psychological — including tourists, business travellers, performers, and itinerant professionals.

### MOTIVATION

Travel disrupts routines, sleep, and attention, often leaving individuals mentally fragmented despite physical arrival. Disrupted routines also provide a unique opportunity to implement behavioural and emotional shifts without the inertia of familiar habits and environments.

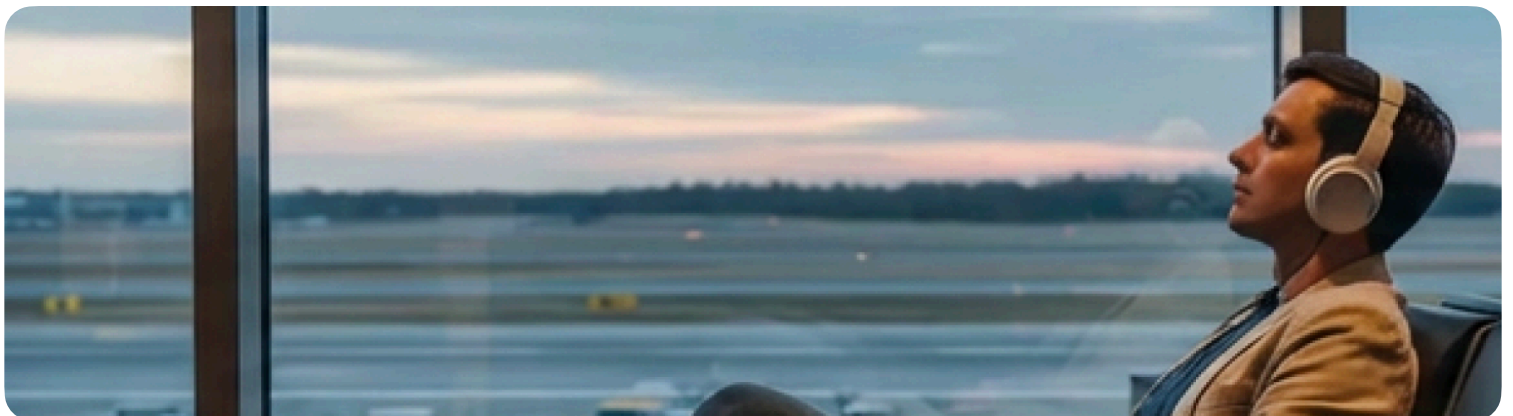
### BENEFITS

- Designed for the emotional arc of travel, from pre-departure anticipation to reintegration with "regular" life
- Reduces stress, travel-related fatigue, and boosts sleep recovery
- Enhances presence and sense of connection to self, others, hotel, and destination

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### COMMON SETTINGS

Hotels, airport lounges, travel programs, retreats, touring or event-based environments





# Audiences

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## Healthcare

### SYNOPSIS

Audiences exposed to potential or unavoidable loss while navigating fear, uncertainty, and prolonged stress, often without proper emotional support. Including patients, families, and caregivers. Ethical and privacy boundaries are in effect.

### MOTIVATION

Healthcare environments are saturated with urgency and consequence, yet offer little space for regulation or integration. In moments where outcomes are uncertain and time feels suspended, unaddressed stress compounds suffering for everyone involved.

### BENEFITS

- Provides immediate stabilization and grounding
- Reduces anxiety, panic, and emotional overload
- Holds space for real connection between families while time allows

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### COMMON SETTINGS

Hospitals and hospice, Elder Care facilities, private residences



# Readiness

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## Peaceful Ventures provides:

- Complimentary individual or group experience for partners
- Intake session for customization of programming blueprints
- Audio recording pipeline
- Optional beverages partner

## Partners decide:

- Event venue
- Logistics support (AV, seating, program materials)
- Audience and format pairing

**Current partnerships include:** Taco Tech Tuesday, Wristkey Global, Othership, PlayMind Labs, and Guinep Recovery Seltzers

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# Next Steps

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1. Share this with potential partners for review
2. Identify relevant audience + format combinations
3. Meet the mediator to share event details
4. Perform intake interview for programming customization
5. Bring hyper-relevant meditative experiences to your audience

## Let's Connect



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